

Depression had been a problem for him, and on one evening he reported a dark mood descending, and growing anxiety that made him worried for his well-being. Would he fall into a deep 'hole' of depression and perhaps harm himself? As he walked several blocks from the subway station he noticed that his head, neck and back were tightening up severely. So he began to repeat the directions ('I can let my neck be free, I can let my head go forward and up...') and continued to do so. As long as he persisted, his contracted muscles appeared to ease, but when he stopped, the tension returned. He also noticed a connection to his dark mood, which seemed to abate as he repeated the directions.

He woke up the following day feeling merely sad. He was relieved to have avoided a plunge into serious depression.

Example 2. Control over anxiety

During her AT teacher training one woman reported discovering greater scope for exercising choice when it came to managing anxiety states.

It occurred to her to try applying the principles when she was feeling heart-broken and sad. Having given herself permission to experience any negative feelings, she sought at the same time to keep releasing her neck. To her surprise the experience changed, and she felt better.

With repetition of this experience, she reported becoming able to avert disabling emotional storms.

Example 3. Work Identity

Another story is from a female in her sixties, and an experience occurring after four years of private lessons. Motivated by fear of injury following a bout of flu, she repeated the four main directions over and over for 45 minutes while driving to her local ski area.

On pushing off at the top of the hill she discovered, 'I was a completely different skier; I was light, in control.' It was evident that the new 'body' was a result, mysteriously, of the AT, and the experience was so compelling that she determined a new life-path, including teacher training, before she arrived at the bottom of the slope.

Emergent Psychosocial changes (EPCs)

The 'thunderbolt-like' EPCs tend to be sudden, and may uncover pre-existing trauma, dissociation, hidden identity issues and the like. They are often accompanied by strong emotions, or the sudden recognition of a sense of purpose, or an experience of relief from a factor that has been causing stress.

The EPCs often arise in a lesson involving touch and hands-on guidance from a teacher, but not necessarily. They typically happen when a person starts AT lessons,